



Prime Time News

November 2016

Fitchburg Senior Center
Volume VI Issue 11

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 Find Us On Facebook



Veterans Day Recognition

Please join us for a very special program on Friday, November 11 beginning at 11:00 a.m. This year's theme will pay tribute to our WW II Veterans through readings, reflections and music. The morning will also feature fifth and sixth graders from Eagle School who participated in our Poppy Program. We will have their artwork on display and they will be joining our very own Fitchburg Singers to honor our Veterans with a variety of patriotic songs.

Lunch will immediately follow our program. Reservations are required for lunch and can be made by calling 270-4290 by noon on November 10. *Lunch for all Veterans and a guest will be paid for by the Fitchburg Senior Center Friends.*



Cutting The Cable Cord—Home Visit

Are you stressing over your budget and coming to the conclusion that cable TV is something you could do without? If you have the Charter bundle, you can eliminate cable and stick with phone and internet. Worried trees and other houses might be a reception problem for an antenna? Call David at 270-4292. These questions and hands on help are services that are offered to you for free. Save money, save time and most importantly, discover a better way to watch TV.



CLOSED

Nov. 24 & 25

Vote Nov. 8!

Indoor Walking

See Page 7



Book Discussion—Evicted Poverty and Profit in the American City

Fitchburg Senior Center

Thursday, November 17 at 1:00 p.m.

Read the book, join the discussion.

Join in the discussion of UW-Madison's 2016 Go Big Read book, Evicted: Poverty and Profit in the American City.

To reserve a copy, see David at the Senior Center. 11 copies available.

Sponsored by the Fitchburg Library & Senior Center

New Offerings For You!



TAX Q&A

December 5 and 7 at 1:00 p.m.

Session I— Deductions, pensions, charitable donations, social security benefits, filing jointly verses separately and more.

Session II— Gifts, trusts, estate taxes, and more.

Discussion led by William Ferguson, retired CPA and Attorney. Bill is currently a member of SCORE and also does tax consulting for a firm in Madison.

Advanced sign up recommended. FREE!
Please call 270-4290.

Planning W/ Cress Funeral Services



We invite you to gather information and have a discussion with us about the value of **Advance Funeral Planning**.

Those who pre-plan allow for their families and loved ones to be focused on what's most important to each other and their journey through grief into healing. Advance planning allows you to resolve your most personal matters with a clear mind, in a peaceful and relaxed atmosphere. Each aspect of the planning is completely up to you and in your control.

Thursday, November 10 at 1:00 p.m.

Learning Annex Presents:

Promega Corporation

Penny Patterson, Senior Director of Communications will introduce you to Promega Corporation. She will share information about Promega technology, culture and community involvement. Promega products enable scientists worldwide to advance their knowledge in life science research. Founded in 1978, Promega Corporation is headquartered in Fitchburg with branches in 12 countries and over 50 global distributors. Learn more about Promega Corporation and their outstanding work environment designed to foster innovation and creativity.

Tuesday, November 15 at 2:00 p.m.

U.W. Nutrition

Nov. 9 & 30 at 11:30 a.m. Learn about great tips and tricks about eating healthy!



Ukulele Network

The Tuesday Uke Group continues to strum at 1:00 p.m.

For questions call Judy at 608-514-3274.



Wednesday Night at the Lab

Last July we viewed and discussed some of the mainstream research to prevent or alleviate the dementia caused by Alzheimer's. This time we will view and explore some of the lesser known and lesser funded research on Alzheimer's. Some of this research, as with the sleep research we discussed last time, suggests there may be things we can do now to prevent or slow the progression of dementia.

Join us on Tuesday, Nov. 15 at 11:00 a.m.

Groups



Men's Group

Join us for our next meeting on

Tuesday, November 8 at 2:00 p.m.

For more info log on to:

www.fitchburgseniorcenter.com

and click on Men's Group on the left side.



Active Women's Group

**No Meetings in November or
December 2016. See you next year!**

For more info log on to:

www.fitchburgseniorcenter.com

and click on Active Women's Group.

Dine Out

Couples Dinner Group

Nov. 15 we will be going to Smoky's Club on 3005 University Ave. Any couple who would like to join us should e-mail Bev Davis at bevbdavis@aol.com or call 608-467-3990.

Tech W/ David

Netflix/Hulu/Amazon/Roku Box!

It's all covered in this year end class with David! Have a Roku Box? Thinking of getting a Roku Box? Attend this class and find out how you can access Netflix, Hulu, Amazon, ESPN and hundreds of other channels! If cutting the cord has been on your mind, this is the class to be at. Over the Air TV coupled with unlimited options through your Roku Box delivers some of the best TV watching experiences. Limited seating, call today to register. 270-4290.

Wednesday, November 16 at 10:30 a.m.

Find us on Facebook



SENIORS DIG TECH

Contact: David Hill (608)270-4292
david.hill@fitchburgwi.gov

Get the latest updates on tech trends that apply to you!
Missed one of David's tech classes? You can find it in full replay on this page!

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Project Home—Attics, Basements & Crawlspace

Project Home is coming to the Fitchburg Library for a series of home maintenance classes! Attics, Basements & Crawlspace will be the first in the series on Monday, November 7 from 6:30—8:00 p.m.

Call Project Home to register. 246-3737



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Art

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Relaxed, fun, supportive class setting where you will learn as you work with other artists. One-on-one instruction and support is given on technique and composition.

- Work on the project of your choice with your supplies.
- Work in a 2-D medium that is non-toxic and odorless. Examples are: pencil, colored pencil, oil pastel, and water-based paint like watercolor, gouache, or acrylic.

Tuesdays - Nov. 1,8,15,29, & Dec. 6,13 from 1:00- 4:00 p.m.

Registration and payments to Fitchburg Senior Center. Call 270-4290 or stop by.

Five-Eight classes are \$15.00 each.
Individual classes are \$20.00 each.

Medicare Part D Open Enrollment

Open enrollment for 2017 Medicare Part D plans is October 15 - December 7, 2016. This is the time when Medicare beneficiaries who are enrolled in Part D plans can review their plan to determine if it will still be the most cost-effective in 2017. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket!

Another way to save money on prescription drugs is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and assets. If you are single and your income is less than \$1,485 per month, and your assets are below \$13,640 you may qualify for Extra Help.

For help with Medicare Part D and/or the Extra Help program, call the Fitchburg Senior Center at 270-4290 and ask to speak with a Social Worker.

Cards With Katie

Join us for an afternoon of paper crafting on **Monday, November 14 at 1:00 p.m.** Stamp - cut - punch - glue - and have fun playing with paper.

For more details go to www.StampLadyKatie.com or log on to the Senior Center webpage.

Cost \$11.50.

Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.



Are Home Energy Costs Putting the Squeeze on You?

The Home Energy Plus Program (Energy Assistance) may be able to help. If your income is \$6,544 or below for a household of one, or \$8,557 for two then you may qualify.

Staff from the Home Energy Plus program will be at the Fitchburg Senior Center on **Tuesday, November 15** to help you apply. Appointments are recommended but walks ins are welcome.

Call 1-800-506-5596.

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Book Clubs



REACH Book Club

REACH Book Club will meet on Nov. 10, 2016 at 1:30 p.m. at the Senior Center with a discussion of the book, *All Girl Filling Station's Last Reunion* by Fannie Flagg. The publisher provides the following summary. "Spanning decades, generations, and America in the 1940s and today, *The All-Girl Filling Station's Last Reunion* is a fun-loving mystery about an Alabama woman today, and five women who in 1943 worked in a Phillips 66 gas station, during the WWII years. Like Fannie Flagg's classic *Fried Green Tomatoes*, this is a riveting, fun story of two families, set in present day America and during World War II, filled to the brim with Flagg's trademark funny voice and storytelling magic."

Upcoming selections are:

December 8: *Gift from the Sea* by Anne Morrow Lindbergh (Classic)

January 12: *In the Lake of the Woods* by Tim O'Brien

February 9: *Leaving Time* by Jodi Picoult

REACH Book Club meets the 2nd Thursday of each month, September thru June at the Fitchburg Senior Center at 1:30 p.m.

Look Ahead



Stoughton Norwegian Dancers

The Fitchburg Senior Center is proud to welcome the Stoughton Norwegian Dancers in January of 2017!. More details coming in next months newsletter.

Thursday, January 12, 10:00 a.m.

"Downsizing The Easy Way"

Presenters Marianne Gariti of Moving Forward, Carrie Kirkpatrick from A Place For Mom and Ruth Domack. First Weber.



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Historical Society Presents:

Ann Pryor

Sunday, November 6 at 1:30 p.m. at the Fitchburg Public Library.

"Food traditions in our neighborhood"

Mystery Book Club

The *I Love a Mystery Book Club* will not meet in November or December due to the holidays. We will resume meeting on Thursday, January 26 at 1:30 p.m. at the Senior Center. We will discuss the book, *Crocodile on the Sand Bank* by Elizabeth Peters, an Amelia Peabody mystery.



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Games/Movies/Travel

Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 2:00 p.m.

Ping Pong—Fri. 9:00 a.m.

Bunko—Wed. @ 1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.

Missed the Travel Show??

Be sure to take a look at the brochures
available for all six tours offered in 2017!!
Brochures are located on the ground level
across from the
receptionist desk.



Questions? Call Judy Broad
at 271-9077 or e-mail jbst@Charter.net

\$20 Blackout Bingo!! Nov. 10

Special sponsor:

Oak Park Place



\$20 jackpot!

Game begins promptly at 12:30 p.m.

2935 S. Fish Hatchery Road, #107
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Phone: 608-662-8288
Fax: 866-838-7749

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Movie Day

Returns In January

Exercise Opportunities

P.7

Ping Pong Friday – 9:00 a.m. Drop-in.
Play in matches, it's fun!
Call David at 270-4292 for more details.

Yoga W/ Kurt—Fall Session II

Oct. 31–Dec. 12. \$49—Seven weeks

Level I 10:45 a.m.–12:00 p.m.

Level II: 9:15–10:30 a.m.

Call 270-4290. Payment due upon signup.

Free Indoor Walking

Every Tuesday & Thursday at 11:00 a.m.
(One hour)

Starting Thursday, Nov. 10

Break Away Sports 5964 Executive Dr.

No walking 11/24, 12/27&29

Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.
Beg./Inter. 10:30 a.m.–12:30 p.m. Open play
1:00-3:00 p.m. in the upper level.

Tai Chi Thursdays

8:30 a.m. Cost—\$2 drop-in.
Beginners welcome.



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.



Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance. Cost is \$10 per month.



Foxtrot

Mike and Deb Moe will be offering Foxtrot lessons starting Nov. 3, 2016. Five weeks, from 1:00-2:00 p.m. Cost: \$25 (pay the Senior Center). Singles and couples welcome. Call 270-4290 to sign up. No class Nov. 24.



James Krogstad Insurance

Jim Krogstad LUTCF, CEBS
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Transportation Services ^{P.8}

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

Shuttle Service—This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail—

Home Health United. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide
2 towels.

Pre and Diabetic

Footcare

Nov. 18

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure

Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month
10:30-11:30 a.m.
No appt. needed.

Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/ Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for
dates/times

Cost:

\$30 for 30 min.
\$50 for 60 min.
\$70 for 90 min.

Cancellations must be
made 24 hrs in advance to
avoid being charged.

Call 270-4290

Social Services

Senior Center Help

- ♦ Home visits
- ♦ Three Month Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
- ♦ Insurance
- ♦ Medicare/Part D
- ♦ Medicaid
- ♦ Call Amy Jordan or Sarah Folkers at 270-4290 today!

Chair Massage W/ Gary Kuzynski

1st & 3rd Wednesday mornings
beginning 10/5.
15 minutes = \$11
30 minutes—\$22

Call 270-4290 to register.

NEW!

Caregiver Support

If you are caring for a loved one with dementia, you are not alone.
Join us on Thursday, Nov. 17 at 10:00 a.m.



Class Registration/Payment

Class: _____

Name: _____

Address: _____

City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

2017 Newsletters

will no longer be mailed out. If you would like a hardcopy of the newsletter, please stop by the Senior Center. Also, you can obtain the newsletter by visiting our website:

www.fitchburgwi.gov/621/Senior-Center

Leather Goods Sale—FSCF has received a donation of some high-quality leather items for sale at very reasonable prices for our seniors and their families. These items include men's wallets, women's handbags, and much more. These could be great gifts for family & friends for Christmas & other special occasions, with ease of shopping in our facility vs going to department stores. Proceeds will support funding special needs at our Senior Center. Sales will start the 1st week of Nov. Watch for signs with specific hours.



Thank you to the volunteers along with the Friends' Board members who assisted in making the September Meet, Greet and Eat event at the Senior Center a wonderful success. They were Jane Davis, Beverly Davis, Roger Damrow, Sandy Ermis, Diane Schmidt, Bonnie Riley and Patricia Eaton. A thank you, also, to Mandi Miller for delivering extra food to homeless shelters. Assistance was provided with signage, set up, greeting attendees, serving food and beverages and clean up among other assignments. Thank you for all you did to make this a great event!

On September 2 -4, 2016, folks from the Fitchburg Senior Center, including Friends' Board members, volunteered at an Ice Cream Social at Eplegaarden, a fund raiser to benefit our Center. The volunteers included Mary Phipps, Michael Christie, Mary Horejsh, Mary Ruppert, Patricia Eaton, Bonnie Riley and Carol Tiemann. Thank you for taking time from the holiday weekend to participate in this event which is always fun for kids and helpful to funding the scholarship program and activities provided by the Fitchburg Senior Center.

We also want to thank Bob Rottman who with Friends' Board members volunteered on Grandparents Day, September 11, 2016, at Eplegaarden, another fundraiser for our Senior Center.

We want to alert you that our Meals on Wheels program is in need of volunteers to deliver meals from the Fitchburg Senior Center to one of three routes in our surrounding area including Chapel Valley road, Fish Hatchery apartments and Country route. It takes about 1-2 hours once a week or less frequently, if you choose, and the recipients are very grateful to receive a home delivered meal between 10:30 and 11:30 A.M. Please consider helping out and contact Mandi Miller at 270-4293.

Fitchburg Senior Center
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608-270-4290

www.fitchburgwi.gov



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David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Susan Hoerchner, Office Asst.
Katie McMullen—U.W. Intern.



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Elder Law and Special Needs Planning



November

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	*Open Face Hot Roast Pork Sandwich/Gravy Mashed Potatoes Garden Blend Fresh Orange Cookie Pkt. VO: Hummus Wrap	Beef Stew Biscuit/Marg. Sliced Pear's Frosted Cake VO: Vegetarian Stew	*Meat Balls in Gravy ½ Baked Potato w/ Sour Cream Squash Pineapple Bread/Butter Chocolate Pudding VO-Veggie Meatball	Hearty Bean Soup Chicken Salad Sandwich Tomato Juice Fruit Cocktail Cookie VO: Egg Salad Sandwich
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Salisbury Steak in Gravy Mashed Potatoes Broccoli Pear Half Dinner Roll/Butter Key Lime Tart VO-Veggie Noodle	Philly Cheese Sandwich Four Bean Salad Fresh Apple Pumpkin Bar VO: Wrap w/Cucumbers, Tomato, & Cheese	Baked Chicken Potato Salad Spinach Peaches Bread/Butter Ice Cream VO: Veggie Burger	Potato Crusted Fish on Bun w/Shredded Lettuce/Tartar Sauce Carrots Pea Salad Fresh Fruit Cookie V.O: Cheese Sub	BBQ Ribs Twice Baked Potatoes Roasted Squash Banana Dinner Roll/Butter Apple Pie V.O: Veggie Sausage
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
*Scalloped Potatoes W/Ham Turnip Greens w/Dice Turnips Apricots Half Bread/Butter Ice Cream VO: Scalloped Potato Casserole	*BBQ Pork on W.W. Bun Baked Beans Grape Juice Cake VO-Veggie BBQ	Chicken & Dumplings Carrots Tropical Fruit Salad Bread/Butter Sugar Cookie VO: Hummus Wrap	Meat Sauce over Mostaccioli Brussel Sprout Mandarin Oranges Garlic Bread Cookie VO: Veggie Spaghetti Sauce	Roasted Turkey Mashed Potatoes w/Gravy Green Beans w/Almonds Fruit Cup Dinner Roll/Butter Pumpkin Pie V.O: Veggie Burger
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Vegetable Barley Soup & Crackers Turkey & Cheese on Croissant V-8 Juice Fruit Cup Pudding VO: Cheese on Croissant	Lemon Baked Fish ½ Baked Potato w/ Sour Cream Capri Blend Veggies Banana Bread/Butter Cookie VO: Veggie Cheese Sauce over Baked Potato	Beef Stew Biscuit Fresh Fruit Pudding VO: Vegetarian Stew *Special Salad Day	<p>Closed</p> 	
Monday 28	Tuesday 29	Wednesday 30	<p>Thursday Salad Option 3rd - Garden 8th - Chicken Ranch 15th - Chef Wednesday, 23rd – Taco (Salads are dine-in only)</p> <p>Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290</p> <p>*Meal has pork product Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</p>	
Chili Crackers Tossed Greens w/2 Tomato Wedge's Fruit Cocktail Key Lime Tart VO: Veggie Chili	Chicken Alfredo over W.W. Fettucine Garden Blend Fruit Mix Bread Stick Vanilla Ice Cream V.O. Veggie Alfredo	*Meatloaf Roasted Diced Potatoes w/Gravy Spinach Apple Slices W.W. Bread/Butter Choc. Chip Cookie VO: Hummus Wrap		

November 2016

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																											
	1	2	3	4																																																																																											
	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Walmart 12:45 PM Euchre 1:00 PM Mahjong	8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong 10:00 AM Shop-Copps 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																											
7	8	9	10	11																																																																																											
8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Woodmans 10:00 AM Hookers 10:45 AM Library Shuttle 2:00 PM Men's Group	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness 11:30 AM U.W. Nutrition 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble Veteran's Day Program																																																																																											
14	15	16	17	18																																																																																											
8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-HyVee/Aldis 12:45 PM Euchre 2:00 PM Learning Annex	8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:30 AM Blood Pressure- walk in. 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong 10:00 AM Shop-Copps 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble Diabetic Footcare																																																																																											
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8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Target 10:00 AM Hookers <u>2:00 PM NO Women's Group Nov/Dec</u>	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko	<u>CLOSED</u>	<u>CLOSED</u>																																																																																											
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Book Discussion

Evicted: Poverty and Profit in the American City



Fitchburg Senior Center

Thursday, November 17 at 1:00 p.m.

Read the book, join the discussion.

Join in the discussion of UW-Madison's 2016 Go Big Read book, *Evicted: Poverty and Profit in the American City*

To reserve a copy, see David at the Senior Center. 11 copies available!

Sponsored by the Fitchburg Library & Senior Center

Travel News!

Thinking about spring??

Consider the Heritage of America tour April 29-May 8 offered by Collette Travel.

Highlights include:

- Tour major sites in New York City including Chinatown, Empire State Building, Central Park and others.
 - Continue on to Philadelphia to see Independence Hall.
 - See the Amish community in Lancaster and enjoy an Amish dinner.
 - Journey to Gettysburg and visit a Civil War battlefield.
- Travel to the Shenandoah National Park via the beautiful Skyline Drive.
 - Visit Monticello, home of Thomas Jefferson.
 - Spend a day in Colonial Williamsburg
- Visit Mount Vernon, home of George Washington and on to Washington, DC. See the Capitol and the War Memorials

Cost: \$2,999 Double

\$ 3,999 Single

Questions? Call Judy Broad-271-9077



New!!

Beginning February, 2017, **Day Trips** will be promoted through the Fitchburg Senior Center. Check the bulletin boards on the first floor for more information. Flyers for each trip will soon be available.
Questions, contact Sharon Trimborn at 271-9077